

THE PRINCIPLES OF EXERCISE

NAME: _____ GRADE: _____ PERIOD: _____ DATE: _____

STEP ONE: RESOURCE

Go to http://www.bbc.co.uk/schools/gcsebitesize/pe/exercise/1_exercise_principles_rev1.shtml and read about the principles of exercise.

You can do this at the school library, public library, home, a friend's house, or any other place that you can use a computer that has internet access.

STEP TWO: LIST

List the the 8 principles of exercise according to the article:

- | | |
|----|----|
| 1. | 2. |
| 3. | 4. |
| 5. | 6. |
| 7. | 8. |

STEP THREE: DEFINE

Define the principles of exercise.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

STEP FOUR: THEORIZE

Create a theory, based off the article, of why the principles of exercise are a part of physical education. (use references from the article to support your theory)(minimum one paragraph of 4 to 6 sentences)